

Potty Training

When Is It Time to Learn...



1. Are you tired of changing all those dirty diapers and feeling the need to start potty training? You and your child both have to be ready to take this big step...
2. The right time depends on the age and development of your child:
 - **12 months:** may start to realize that elimination is taking place
 - **15 months:** stools may be regular, child has no control but may realize that something has happened
 - **18 months:** some kids may seem ready to start learning
 - **2 years:** some kids may have good bowel and bladder control during the day
 - **3 years:** most kids will be toilet trained during the day but not during the night
 - **4 years:** manages alone, may have an occasional accident
3. Here are some helpful hints you can use with your child:
 - ✓ Toddlers are ready to learn when they start to let you know when they are about to pee- be sure to give lots of praise when they tell you this
 - ✓ Seeing older people using the toilet can help teach toddlers to copy the behavior
 - ✓ Start taking your toddler to the toilet at set times- like before or after meals, naps, going outside, and before bedtime
 - ✓ Training pants can be helpful- unlike absorbent diapers, these pants will allow your toddler to feel the discomfort associated with wet pants
 - ✓ Remember- even though your toddler may learn the signals of a full bladder, fun activities can easily cause kids to ignore these warning signs
 - ✓ Accidents are going to happen, they are part of the learning process- don't make a big fuss about them and have your child help clean up the mess
 - ✓ Make sure that you give lots of praise along the way- your child will need lots of encouragement!!!

